



Sticks'n'Stones IO3

Topic 11: Recovering from bullying and cyberbullying – self-help tips for parents of by-standers



Introduction

Bullying in schools is every parent's worst fear. They may fear that their child is being bullied, that their child is bullying others, or that their child is witnessing bullying happening around them. All parents want the security of knowing that school is a safe place for their children, a place where they can not only learn, but build new friendships and create lasting memories. Unfortunately, the end of bullying is still not in sight, and it still threatens the wellbeing of children around the world.

These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

Topic Addressed

Topic 11: Recovering from bullying and cyberbullying – self-help tips for parents of bystanders

Educational Video

Here is a Link to YouTube video introducing the topic of Recovering from bullying and cyberbullying – self-help tips for parents of bullies: [\(Link to YouTube video will be inserted once videos have been created\)](#)



Self-help Exercise

Topic Addressed (11 of the 12): Recovering from bullying and cyberbullying – self-help tips for parents of by-standers			
Exercise Title	Tease monster		
Duration of Activity	15 minutes	Materials Needed	Printer, paper, scissors
Introduction	<p>When we are helping our children to address bullying. It is important that they understand the difference between bullying and teasing.</p> <p>In order to help your child to identify a situation of bullying and address it, you can use this activity game to start addressing the subject.</p>		
Instructions	<p>Step 1. Start by asking openly your child if he/she have ever experienced a situation of bullying, not as a victim but as a bystander to also know if they understand the concept.</p> <p>Step 2. Game time Together, print the following worksheet and cut each sentence. Once it is ready you will choose each card and place if into the <i>mean tease monster</i> or the <i>nice tease monster</i>. During the game reflect with your child what can be done if he/she experiences one of the situations from the <i>mean tease monster</i>.</p> <p>Step 3. Keep adding as much examples as possible and also ask your child to add some as well!</p>		



Tip sheet

TIP 1: Play a few minutes each day/week

While you are playing you can ask your child if he/she have already experience a situation of bullying or where a mean tease happened and as how did he/she feel, what did he/she do? Etc.

TIP 2: Bullying vs. teasing

You can also explain that maybe when a mean tease happens but it is immediatly "repaired" (that is, the person who have made the tease apologizes and it does not happen again), it is not considered bullying.

TIP 3: Promote bullying rejection.

Talk openly with your child about bullying, it is important that they know as much as they can and they understand how dangerous it can be. When they are aware about the problem they will also act as role model to their peers at school.





Sticks n STONES



Interactive Infographics to Combat Bullying in School



Co-funded by the
Erasmus+ Programme
of the European Union

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."
Project Number: